






# MAY 2019 AM



| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--|---|--|---|--|--|--|
|  |   |  | 1   | 2  | 3  | 4  |
| <b>Belleville Senior Services</b><br>518 Washington Avenue<br>Belleville, NJ 07109<br>973-751-6000 | May is...<br>Arthritis Awareness Month<br>Haitian Heritage Month<br>National Blood Pressure<br>Military Appreciation Month<br>Skin Cancer Awareness<br>Women's Health Care Month<br>Mental Health Month | <b>Memorable May Days</b><br>4 <sup>th</sup> Star Wars Day<br>6 <sup>th</sup> No Diet Day<br>14 <sup>th</sup> Chicken Dance Day<br>15 <sup>th</sup> Chocolate Chip Cookie<br>19 <sup>th</sup> Armed Forces Day<br>25 <sup>th</sup> National Wine Day<br>28 <sup>th</sup> Hamburger Day | 8:30 Breakfast<br>9:30 Exercise with Plates<br>10:00 DOLLARTREE<br>FARMER'S MARKET (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Card Bingo                              | 8:30 Breakfast<br>9:30 Exercise Just Dance<br>10:00 TARGET<br>KOREAN MARKET (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Bingo Guess Who                           | *** PLANT A FLOWER ***<br>8:30 Breakfast<br>9:30 Exercise w/Flavia's Niece<br>KOREAN RESTURANT(Ko)<br>10:15 Arts & Crafts & Games<br>10:30 PLANT A FLOWER<br>12:00 Lunch/1:00 Guess Who            | Special In-House Activity<br>Main Trip<br>Korean Program/Trip (Ko)<br>Indian Program/Trip (In)<br>Filipino Program/Trip (Fi)<br>Haitian Program/ Trip (Ha)<br>NAT'L ORANGE JUICE DAY |
| 5  | 6   | 7  | 8   | 9  | 10   | 11   |
|                    | 8:30 Breakfast<br>9:30 YOGA W TAO<br>SHOPRITE (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Bingo  | 8:30 Breakfast<br>9:30 Morning Stretch<br>10:00 SHOPRITE<br>TJ MAXX (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Name that Tune<br>TEACHER'S DAY   | 8:30 Breakfast<br>9:30 Exercise w/Flavia's Niece<br>10:00 WALMART<br>HMART (Ko)<br>INDIAN BUFFET (In)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Guess Who                 | 8:30 Breakfast<br>9:30 Music Exercise<br>10:00 Lyndhurst Mini Mall<br>KOREAN MARKET (Ko)<br>EAST-WEST MKT.(Fi)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Table Games | MOTHER'S DAY PARTY<br>8:30 Breakfast<br>9:30 Breathing Exercise<br>KOREAN RESTURANT(Ko)<br>10:30MOTHER'S DAY PARTY<br>12:00 Lunch<br>1:00 Raffles Giveaways<br>SPECIAL GUEST DJ MIGUEL             | Trips and Outdoor Activities may be cancelled to due weather<br>Activities and Participation are subject to change and discretion of the Administration                              |
| 12   | 13  | 14   | 15  | 16   | 17   | 18   |
|                    | 8:30 Breakfast<br>9:30 CHAIR BOOT CAMP<br>SHOPRITE (Ko)<br>INDIAN TEMPLE (In)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Bingo   | 8:30 Breakfast<br>9:30 Exercise w Flavia's Niece<br>10:00 ALDI<br>TJ MAXX (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Jeopardy  | 8:30 Breakfast<br>9:30 Exercise w/Flavia's Niece<br>10:00 WALMART<br>HMART (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Guess Who                                       | 8:30 Breakfast<br>10:00 CHAIR ZUMBA<br>10:00 BOWLING<br>KOREAN MARKET (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Guess Who!!                                     | *** QUESTIONAIRE TIME***<br>8:30 Breakfast<br>10:00 CHAIR ZUMBA<br>WALMART (Ko)<br>10:15 Arts & Crafts & Games<br>11:00 QUESTIONAIRE TIME<br>12:00 Lunch/1:00 Guess Who                            | May is named after the Greek goddess, Maia. The month is a time of great celebrations in the northern hemisphere. It is the time when flowers emerge and crops begin to sprout.      |
| 19   | 20  | 21   | 22  | 23   | 24   | 25   |
|                  | 8:30 Breakfast<br>9:30 YOGA W TAO<br>SHOPRITE (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Bingo  | 8:30 Breakfast<br>9:30 CHAIR BOOT CAMP<br>10:00 FARMER'S MARKET<br>MARSHALLS (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Name that Tune   | 8:30 Breakfast<br>9:30 Exercise with Plates<br>10:00ACMOORE/DOLLARTREE<br>FARMER'S MARKET (Ko)<br>EAST-WEST MKT.(Fi)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Card Bingo | 8:30 Breakfast<br>10:00 CHAIR ZUMBA<br>10:00MARSHALL (Kearny)<br>KOREAN MARKET (Ko)<br>FILIPINO RESTURANT (Fi)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Card Bingo  | *** MONTHLY STORE ***<br>8:30 Breakfast<br>9:30 Morning Stretch<br>WALMART (Ko)<br>INDIAN BUFFET (In)<br>10:15 MONTHLY STORE<br>12:00 Lunch<br>1:00 Raffles  | Birthstone: Emerald<br>Flower: Lily-of-the-Valley<br>Astrological Signs: Taurus: April 20 - May 20, Gemini: May 21 - June 20   |
| 26   | 27  | 28   | 29  | 30   | 31   |  |
|                  | <b>MEMORIAL DAY</b><br><b>CENTER CLOSED</b>   | 8:30 Breakfast<br>9:30 Exercise w Flavia's Niece<br>10:00 SUPER FOOD WORLD<br>SHOPRITE (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Guess Who  | 8:30 Breakfast<br>9:30 Exercise with Plates<br>10:00 KOHLS/ DOLLAR TREE<br>HMART (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Card Bingo                                | 8:30 Breakfast<br>10:00 CHAIR ZUMBA<br>10:00 BOWLING<br>KOREAN MARKET (Ko)<br>10:15 Arts & Crafts & Games<br>12:00 Lunch<br>1:00 Guess Who!!                                     | BIRTHDAY PARTY!!<br>8:30 Breakfast<br>9:30 Exercise w/Flavia's Niece<br>SHOPRITE (Ko)<br>10:15 Arts & Crafts & Games<br>11:00 BIRTHDAY PARTY!!<br>12:00 Lunch / 1:00 Bingo<br>WORLD NO TOBACCO DAY |   |

**OUR CENTER PROVIDES TWO SHIFTS OF SERVICES FOR YOUR CONVINIENCE**  
 7:30 AM-12:30 PM 12:45 PM-5:45 PM

MAY, IS INVITE A FRIEND MONTH....ANY FRIEND OR FAMILY MEMBER WITH MEDICAID CAN COME WITH YOU TO PARTICIPATE IN ALL OF OUR DAILY PROGRAMING AND EVENTS

**DAILY ACTIVITIES**  
 Beauty Salon, Exercise, Table Games, Trivia, Computers, Music, Arts & Crafts, Trips,

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| 5  | 6   | 7  | 8  | 9  | 10   | 11   |
|                    | 1:30 Snack<br>2:00 YOGA W TAO<br>2:30 GUYS&DOLLS POOL<br>3:30 Arts&Crafts&Games<br>4:45 Dinner<br>5:30 Jeopardy   | 1:00 Snack<br>1:30 Exercise Stretch<br>2:00 SHOPRITE<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Slingo   | 1:00 Snack<br>1:30 Afternoon Stretch<br>2:00 WALMART<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Bingo                | 1:00 Snack<br>1:30 Afternoon Stretch<br>2:00 Lyndhurst Mini Mall<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Bingo    | <b>MOTHER'S DAY PARTY</b><br>1:30 Snack<br>2:00 Exercise with plates<br>2:45 MOTHER'S DAY PARTY<br>4:45 Lunch<br>5:30 Name that Disco Tune<br>SPECIAL GUEST DJ MIGUEL          | Trips and Outdoor Activities<br>may be cancelled to due<br>weather<br>Activities and Participation<br>are subject to change and<br>discretion of the<br>Administration   |
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|                    | 1:00 Snack<br>2:00 CHAIR BOOT CAMP<br>2:30 GUYS&DOLLS POOL<br>3:30 Arts&Crafts&Games<br>4:45 Dinner<br>5:30 Jeopardy  | 1:00 Snack<br>2:00 ALDI<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Bingo   | 1:00 Snack<br>2:00 STOP&SHOP/MARSHALL<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Name that Tune                      | 1:30 Snack<br>2:00 CHAIR ZUMBA<br>3:00 BOWLING<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Card Bingo                 | *** QUESTIONAIRE TIME***<br>1:30 Snack<br>2:30 Exercises<br>3:00 QUESTIONAIRE TIME<br>4:00 Arts & Crafts & Games<br>4:45 Lunch/5:30 Guess Who                                  | May is named after the<br>Greek goddess, Maia. The<br>month is a time of great<br>celebrations in the<br>northern hemisphere. It is<br>the time when flowers<br>emerge and crops begin to<br>sprout.   |
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|                  | 1:30 Snack<br>2:00 YOGA W TAO<br>2:30 GUYS&DOLLS POOL<br>3:30 Arts&Crafts&Games<br>4:45 Dinner<br>5:30 Jeopardy   | 1:00 Snack<br>2:00 CHAIR BOOT CAMP<br>2:00 FARMER'S MARKET<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Name that Tune   | 1:00 Snack<br>1:30 Exercise Stretch<br>2:00 ACMOORE/DOLLARTREE<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Card Bingo | 1:00 Snack<br>2:00 CHAIR ZUMBA<br>2:00 STOP&SHOP/MARSHALL<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Name that Tune  | ** MONTHLY STORE **<br>1:00 Snack<br>1:30 Exercise w Flavia's<br>Niece<br>2:00 MONTHLY STORE<br>4:45 Dinner<br>5:30 Raffles Giveaways  | <b>Birthstone:</b> Emerald<br><b>Flower:</b><br>Lily-of-the-Valley<br><b>Astrological Signs:</b><br>Taurus: April 20 - May 20,<br>Gemini: May 21 - June 20   |
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|                  | <b>MEMORIAL DAY</b><br><br><b>CENTER CLOSED</b>   | 1:00 Snack<br>1:30 Exercise w Flavia's Niece<br>2:00 SUPER FOOD WORLD<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Slingo  | 1:00 Snack<br>1:30 Afternoon Stretch<br>2:00 KOHLS/ DOLLAR TREE<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Bingo     | 1:30 Snack<br>2:00 CHAIR ZUMBA<br>2:30 TJ MAXX<br>3:00 BOWLING<br>3:30 Arts & Crafts & Games<br>4:45 Dinner<br>5:30 Card Bingo | <b>BDAY Celebration</b><br>1:00 Snack<br>1:30 Exer w Flavia's Niece<br>2:30 BDAY Celebration<br>3:30 Arts&Crafts&Games<br>4:45 Dinner<br>5:30 Jeopardy<br>WORLD NO TOBACCO DAY |   |

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